

Beef Stew

Beef stew of childhood was mostly tomatoes, which make my mouth bleed. I don't use them. I also don't use beef stew chunks, as they have to be sliced four to five times to be bite sized. Cubed beef makes a delicious beef stew. It can be cut easily when still mostly frozen. It doesn't turn out the same twice. A thick, gluten free beef gravy is a delicious part of this dish I thought I might have to give up when I began eating gluten free.

Pre Cook Preparation:

Marinate: Not for beef stew, unless you chop early and use gluten free beef gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Meat can be prepared in a food chopper

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Gravy packet or can (gluten)

Mushrooms

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Pot holders

Steak knife

Pan: 2.5 quart Glass or ceramic oven safe dish with a lid

Ingredients:**Meat:**

A 2 pound package of: cubed steak

I have found the beef stew cuts too chewy and large.

Vegetables: Choose 2 or 3 of:

15 ounces of carrots

15 ounces of green beans

15 ounces of potatoes

Optional:

1/4 cup of mushrooms

1/4 cup of onions

Other ingredients:

1 tablespoon of butter

1 beef gravy pack (gluten free)

Dash of salt

Spices such as pepper to taste

Preparation time: 20 minutes

Preparation:**1. Chop:**

Carrots

Green beans

Onions

Potatoes

2. Chop cubed beef into bite sized pieces.**3. Place meat in pan.**

It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.

4. Add:
 - A dash of salt
 - Carrots
 - Green beans
 - Onions
 - Potatoes
5. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
6. Add a gluten free beef gravy pack and stir lightly with a wooden spoon.
7. Place pan in oven.
 - Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 6 to 8

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.